

By this Day's Mail. NEW-YORK, March 2. Accounts from the Weff-I diest, by
he way of Pliliadelphia, confirim thit the way of Philadelphia, confinm the
report of the arrival of a French fleet at Guadaloupe. But we muth agree
with the writer in the French Gazette of this morning, who fuggelts doubts as to the authenticity of the account,
which fays, a Frecch hhip was taken
with 400 Lngitere and 30,000 trands
of arms on board. The fhip may be wit ans on board. The fip mayds be
of armen -but it is very improbable that
taken -
fuch a military apparatus fould be ALL
cmbarked on boand Iucharked on board one flup.
ADVICE to Sedentary People. A gentleman of 84 years of age, who
had pafted 60 years without a day's ill-
nefs, and who for the whole period was nefs, and who for the whole period was
a flanger to pain, though his life was
wholly fedentary, a flranger to pain, though his life was
wholly fedentary, was afked, by what
means he preferved his uncommonly
good health. He replied, tha. he made meags he preferred his uncommonly
goodheatith. He replied, tha. he made
it a conftant practice, as foon as he rofe
in the morning, which was eatl, te it a conftant practice, as foon as he rofe
in the morning, which was early, to
walk brikkly a mile or two ; and until
he produced a gentle perfination on walk brikly a mile or two; and until
he produced a gentle perfpiration on
his body. The circulation thus given
to the blood in the morning, had a lafthis body. The circulation thus given
to the blood in the morning, had a laft-
ing effect for the 'lay; be felt active
and vigorous; and never eeperienced
that dulnefs and yawning languot, and vigorous; and never experienced
that dulnefs and yawning languor,
which late beds in the morning, and want of exercife fil fome morning, and
In bad weather, he walked in a fuce.
IpaciIn bad weather, he walked in a fpaci-
ous entry in his own houfe. The wri-
ter of this paragraph received this in. ter of this paragraph received this in.
formation from the old gentleman him-
felf, and has had recourfe to the fame Telf, and has had recourfe to the fame
expedient, as a remedy againnt the com-
plicated complains incident to a life of Pludy and bodily inaction. The reme-
dy is found to be the beft ever attempt-
ed it never fails to produce ed-it never fails to produce the affects
attributed to it; and it is frongly ur.
ged, by a perfon who has experienced ged, by a perfon who has experienced
is uffefulnefs. But it is not fufficient
to walk gently, or loiter aboter to walk gently, or loiter about half an
hour-the attion muft produce a natu--
ral heat that fhall be fenfibly felt, it ral heat that fhall be fenfibly felt, it
then gives vigour and fpirits which will generally laft for the day.
Liften to experience. Theee is a cer-
tain degree of heat produced in the body by the circulation of the blood. When this heat is at a certain point and diffufed
thro the fyltem, the perfon feels well. If thre the yyitem, the perfion feels cuell. I
this natural temperature of the body is creafed, the perfon is feverifh-if dimi
nifhed, he is chilly. In either cafe he is not in perfect health. Good cloath
ing, efpecially flannel, affifts to ing, efpecially flannel, affifts to pre
ferve this natural temperature; but no
ferve this natural temperature; but no-
thing will wholly fupply the want of
adion. Lsborng people have exercife
enough-but thoufands of fedentary
thing will wholly fupply the want of
acion. Lsborng people have exercife
enough -but thoufands of fedentary
people fall a factifice to theirindolence.

RUSSEL And (CLAP, ry,
 French \& India Goods

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| :---: |



 THIS DAY WAS PUBLISHED Richard rolwell,






CONTGNTS.











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## Or Obfervations on a Pe Pamphlet, entitled Poplitical Progrefs of Briain.

On Tuefday, the 24th infl. At the Coffee Houfe, Forfeited $A^{A}$ Shares (compleat) Pbiladelpbia \&' Laneaffer Turnpike Road Company. Footman \& Co. Auct'rs.
coddrw
March 3 . A flated monthly Meeting

 ing, the Fourth infant,
WM. TURNER, Secty.
 $\underset{\substack{12 \\ \text { ren } \\ \text { Dr }}}{\substack{2 \\ \hline}}$



